

Practical tips

CAS reminds parents of the dangers of hot cars

By **HILARY CATON**
Metroland Media

Summer temperatures have arrived and Halton Children's Aid Society (CAS) wants to remind parents to brush up on their knowledge of car safety when it comes to small children.

"We know the risk factors (for children) are even higher when we're in warmer weather," said Teresa Zonneveld, community protection supervisor at Halton CAS.

"Our message is that we want to remind parents that children need to be properly supervised at all times. Whether it's at home or in a car."

Halton CAS warns all parents to not leave small children in cars as the city hits hot and humid summer temperatures.

According to a news release sent out by the organization, children, especially infants, are three to five times more sensitive to heat than adults and

rising temperatures in cars can cause heat stress, dehydration, shock and, in some cases, death.

"Unfortunately, we do know we had a tragic incident in Halton last year where a child was left alone in a car," said Zonneveld.

"Nobody wants to see that happen again to any family."

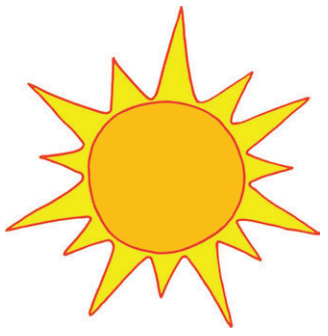
That child, a two-year-old boy from Milton, died from heat exposure after his grandmother left him in the family car on a hot day.

When a 911 call is made about a child left in a car unattended, Hal-

ton CAS along with police come to the scene.

A CAS worker also will follow up with interviews with the parents and any children under the age of 16.

Zonneveld says the common perspective Halton CAS gets from parents who have left their children in cars is that they didn't think they would be away for a long period of time.



Tips for living with tinnitus.

You can beat tinnitus. A positive attitude is very helpful. Relaxation techniques, an active social life, sports and hobbies can assist you in taking control of your life – even with tinnitus. On the following page, we've summarized a few practical tips, recently developed by Siemens together with ENT physicians, psychologists, and audiologists.



Relearning how you hear
Listen consciously to the world around you. Everything that provides your ears with varied sound impressions deflects attention away from tinnitus.

Tips for recuperative sleep
Avoid black tea, coffee or heavy meals in the evening. A warm bath before you go to bed is a good option.

Get active, stay on the move
Relish life with family and friends, and organize your private life to include plenty of activity and variety. Keep an open mind. Everything that increases your personal sense of well-being and enjoyment of life decreases tinnitus' hold over it.

Avoid silence
Give yourself a break now and again. However, avoid complete silence, which is an open invitation for tinnitus to take hold. Opt for enjoyable sources of sound stimulus – an audio book or relaxing music.

Promote your physical fitness
People who participate in sports are healthier and this also applies to people with tinnitus. Everything you enjoy doing and that tests your physical fitness is good for you.

Learn to relax effectively
Because tinnitus causes tension, it is important to learn relaxation methods and use them regularly. Some recommended relaxation methods are Feldenkrais, yoga, tai chi, and qi gong.

Get more information
Visit the American Tinnitus Association website: ata.org
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